

June 2016

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



LOVE YOUR HEART

Reducing your risk of heart disease (this includes stroke) means making healthy choices now that will improve your future health and future life. Any person of any age can make changes to improve their heart health. The American Heart Association has developed a set of simple changes to improve your heart health.

Life's Simple 7

- Get Active
- Eat Better
- Lose Weight
- Stop Smoking
- Control Cholesterol
- Manage Blood Pressure
- Reduce Blood Sugar

Even the smallest changes in these areas can make a big impact on your overall health.

GET ACTIVE:

Regular exercise can reduce your risk for cardiovascular disease, certain types of stroke, high blood pressure, type 2 diabetes, osteoporosis, obesity, cancers, anxiety and depression. You are never too old to exercise. Even if you have limited mobility you can work with your health care provider to find activities that are safe for you to participate in.



The first important step is to get the approval of your health care provider to include exercise in your daily routine. If you have not been active in the past, you may want to start small. Sometimes 10-15 minute intervals of exercise can make a huge impact on your overall health.



EAT BETTER:

Good nutrition is a must for a healthy lifestyle. As we get older our bodies need less food because we burn less calories. However, you still have to feed your body well so it gets the nutrients needed for healing, to maintain muscle mass, and to help give you strength for your every day activities. Focus on a diet that includes the following: Continue on back

- Increasing your whole grains
- Increasing your fruits and vegetables
- Consuming low fat dairy products
- Include poultry, fish and nuts, while limiting red meat
- Limit Sodium and sugary foods and beverages
- Select foods that are low in saturated fats and trans fats



LOSE WEIGHT:

Having too much fat around your waist or carrying around an extra 20-40 pounds can put you at a higher risk for heart disease and put a strain on your heart. Losing as little as 5-10% of excess weight from your body can give your heart the ability to work more efficiently.

STOP SMOKING:

Smokers have a higher risk of developing a number of diseases. As soon as a person quits smoking their lungs begin to heal. No matter how long you have smoked. Quitting can decrease your risks immediately.

References:

American Heart Association www.heart.org/seniorhealth

HOTLINE:

Nutrition Hotline: 1-800-366-1655

National Diabetes Information Clearinghouse 1-800-718-8933

CONTROLLING CHOLESTEROL:

Different types of Cholesterol

LDL (Bad) Cholesterol— This is what causes plaque to build up in your arteries. You get these from Saturated fats (animal sources)

HDL (Good) Cholesterol—This one helps remove the LDL from the arteries.

MANAGE YOUR BLOOD PRESSURE:

Normal blood pressure is 120/80. High blood pressure is manageable. By Following a *Dietary Approaches for Stopping Hypertension (DASH) Diet* you can help decrease your blood pressure.

REDUCE YOUR BLOOD SUGAR:

If your fasting blood sugar is above 100 it could indicate that you have diabetes or pre-diabetes. Controlling your blood sugar helps protect your vital organs. The first step is to limit your sugars from soda, candy and desserts.



Kentucky Cabinet for Health and Family Services Department for Aging and Independent Living

275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930

<http://chfs.ky.gov/dail/default.htm>